



State of Colorado Employee Wellness Program Rules & Procedures

What is Colorado on the Move™?

Last October, Governor Owens endorsed the *Colorado on the Move*™ program and challenged all Coloradoans to increase their daily steps! *Colorado On the Move*™ is a fun and easy program that can help you increase your levels of physical activity and enjoy many benefits of better health by making small changes. This program gives you all the tools you need to plan and track your daily walking habits, while making more steps a permanent part of your healthy life. Simply by incorporating a few extra steps into your day, you'll be on the road to a healthier, stronger body and mind.

Why Extra Steps?

This small and achievable increase in physical activity could stop weight gain, improve fitness and reduce your risk of illness. Increased steps can help you lose weight and maintain weight loss. Research has shown that accumulating 10,000 steps a day of activity is directly correlated with a healthier lifestyle. This program uses a step counter (pedometer) to help you monitor and increase physical activity. A pedometer is a little device that clips to your waist like a pager and tracks your steps. Your goal in this program is to increase the number of daily steps you are currently taking by 2,000 steps/day (*equivalent to walking about one mile*). The bottom line is, getting more active and eating better often leads to a healthier, longer quality of life that allows for more energy and stamina.

What are the Program Dates?

Registration Period: August 20th - September 12th

Program Begins: September 29th Halfway Point: October 26th Program Ends: November 23rd

How Do I Win?

You are eligible for prizes in two ways. 1) A prize drawing will be held at the halfway point of the program for all those that turn in their step log; 2) Prizes will be awarded at the end of the program for those that turn in their step log AND demonstrate an increase in daily average steps by 2000 steps or more OR a maintenance of 10,000 or more steps during the program.

What Are the Prizes?

- ★ Participants that complete and submit log form # 1 by Friday, October 31st. will be eligible to win the following drawing prizes:

<u>Prizes</u>	<u>Quantity</u>
<i>CD Walkman with Sports Belt</i>	<i>1</i>
<i>\$20 in Movie Passes</i>	<i>2</i>
<i>\$15 Gift Certificate at Sporting Goods Store</i>	<i>2</i>

- ★ Participants that complete and submit log form # 2 by Friday, December 3rd, AND demonstrate an increase in daily average steps by 2000 steps or more OR a maintenance of 10,000 or more steps during the program will be eligible for the following drawing prizes:

<u>Prizes</u>	<u>Quantit</u>	<u>Prizes</u>	<u>Quantit</u>
<i>Fitness Pack</i> <i>(Includes: duffel bag, water bottle, AM/FM walkman)</i>	<i>$\frac{Y}{1}$</i>	<i>Day Hiking Pack with water bottles</i>	<i>$\frac{Y}{2}$</i>
<i>Hydration Pack</i>	<i>1</i>	<i>30-minute Massage</i>	<i>2</i>
<i>Personal Training Session</i>	<i>1</i>	<i>Sports Fanny Pack with H2O Bottle</i>	<i>2</i>
<i>CD Walkman with Sports Belt</i>	<i>1</i>	<i>\$20 Gift Certificate to Sporting Goods Store</i>	<i>3</i>

How To Register?

Registration is \$20 per employee, which includes the cost of the pedometer. The pedometer is yours to keep! If you already own a pedometer the cost is \$10. Additional pedometers can be purchased for family or friends for \$15. Click here for the [registration form](#).

Registration deadline is noon on Friday, September 12th.

What Happens after I Register?

After we receive your registration, you will get put on an email distribution list for the duration of the program. You will be emailed an initial welcome packet that includes the step log (tracking form) you will use for the program. You will be notified when the pedometers are in and whether we will be distributing them in your building or mailing it to you. Throughout the program, you will receive a weekly email that contains educational information, tips for success, reminders, and motivation.